



## Blueberry Chia Lemon pudding

Delicious, high protein and fresh flavoured.

Serves 1. Per serve: Cal: 346; Pro: 20g; Fat: 16g;  
Carb: 28g

**Serves: 1, Prep time: -, Cook time: -**

### Instructions

Blend all ingredients together in a small food processor or blender and leave for around 15 min (or overnight) to set.&nbsp;

Top with a few more berries and the second serve of yoghurt. Can also sprinkle with toasted nuts, seeds or High Protein breakfast cereal.

Eat and enjoy!

(You could also use coconut cream, coconut yoghurt to top).

### Ingredients

- 0.5 cups Blueberries (fresh or frozen)
- 1 Medium courgette, chopped
- 0.5 cups Greek yoghurt
- 1 Eggs
- 1 tablespoon Chia seeds
- 1 tablespoon Lemon juice
- 2 tablespoon Yoghurt, Greek style, full-fat